



September 2019

AIKEN-BARNWELL MENTAL HEALTH CENTER

Aiken-Barnwell Mental Health Center (ABMHC) is committed to providing quality outpatient mental health services to the residents of Aiken and Barnwell counties. ABMHC has a talented team of psychiatrists, mental health counselors, nurses, case-managers, and administrative and support staff who are passionate about helping people.

With money from the 1963 Federal Community Mental Health Act, the Aiken Mental Health Center opened on July 1, 1965, to become one of the first community mental health centers founded in South Carolina. Then-governor Donald Russell appointed the Aiken County Mental Health Board, consisting of 12 members. The original Center's staff consisted of three people: a psychiatrist, a secretary, and a part-time psychiatric consultant. Dr. Elna Lombard served as the first center director. In October 1970, board members representing Barnwell County were appointed. As a result, the Center officially changed its name to Aiken-Barnwell Mental Health Center. In 1979, a federal block grant helped to establish the the Hartzog Center, a satellite office in North Augusta.

Today, ABMHC provides mental health services to individuals seeking help for mental health problems or co-occurring mental health problems and substance abuse. Services vary in type and level of intensity, depending on each individual's need. **Services include: assessment and evaluation, crisis intervention, individual, group and family therapy, medication management, Peer Support services, Psychosocial Rehabilitation services, Care-Coordination, wellness and recovery education, support groups, Intensive Family Support, Intensive Community Support for Adults, and School Mental Health services.**

In FY19, ABMHC provided more than 34,000 services to approximately 4,100 patients.

***Mission:** To support the recovery of people with mental illnesses.*



All South Carolina Department of Mental Health (DMH) facilities are licensed or accredited.

ABMHC is nationally accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).



L to R: Janie Key, Sarah Elwell, Dr. Rosa Ishmal,
Abe Moscow, Robin Gable, Marion Gary

ABMHC BOARD OF DIRECTORS

The ABMHC Board of Directors plays an important role in Center operations. As advisors, their efforts, in concert with Executive Director Tamara L. Smith, Center staff, and patients, help ABMHC to provide a community-based system of care for people with mental illness.

The primary responsibility of the Center Board is to ensure that quality care and treatment are provided by the Center.

The ABMHC board ideally consists of 15 residents representing Aiken and Barnwell counties, who

“My vision is to eliminate stigma about mental health so that people not only get the help that they need but can thrive and live productive lives.”
~Tammy Willing

BOARD MEMBERS:

John C. Young, Chair

Rosa Ishmal

Harry Douglas

Sarah Elwell

Marion Gary

Robin Gable

Barry Head

Janie H. Key

Tammy Willing

Abe Moscow

are selected by the Aiken /Barnwell County Legislative Delegation to serve as the voice of the community on the Board. Currently, it has four vacant seats.

Board Vice-chair Rosa Ishmal, chose to serve on the ABMHC Board because she is passionate about working and serving the community. She has lived in Aiken County most of her life and is honored to give back to the community, a community that has given so much to her and her family. Her main interest as a Board member is to do everything she can to support the people in Aiken and Barnwell counties who have mental health needs. Dr. Ishmal said, “Good mental health is important to the community because the reality is that communities are made up of people. A strong community needs people who are physically, emotionally, and mentally stable. A healthy community is a well-connected community, and a thriving a community. My vision is that the staff of ABMHC continue to work closely together to provide the very best services to everyone who comes through the doors for mental health counseling and other services.”

Tammy Willing chose to serve on ABMHC’s Board because the Center has “been her heart” for the past 28 years, and she is committed to educating the community about mental illness. She shared, “It is important to me that people have access to mental health treatment and understand what ABMHC offers the community. My vision is to eliminate stigma about mental illness so that people not only get the help that they need, but thrive and live productive lives.”



Executive Director Tamara L. Smith

FUTURE PLANS

Smith is excited about ABMHC's vision for the future. ABMHC plans to expand school mental health operations by 114%, to serve a total of 33 schools in Aiken and Barnwell counties in FY20.

ABMHC will see the full implementation of its Intensive Family Services, Individual Supported Employment and Intensive Community Treatment programs.

ABMHC will embed a Mental Health Professional at the Wagener Medical Clinic, making services more easily accessible to the eastern part of Aiken County.

EXECUTIVE DIRECTOR TAMARA L. SMITH

Tamara L. Smith is executive director of ABMHC. As a native of South Carolina and Aiken County, she is passionate about enhancing the health and wellbeing of the others. She has 27 years of community mental health experience at the Center, and a proven track record in strategic planning, program and policy development, performance management, quality improvement initiatives, and the provision of clinical services. Prior to becoming executive director in August 2018, Smith served as assistant director for five years and program manager of Community Rehabilitative Services (Housing, Psychosocial Rehabilitation, Peer Support, and Employment Services) for 20 years. Smith graduated with a master's degree in Social Work from the University of South Carolina in 1999; she is a Licensed Independent Social Worker-Clinical Practice in South Carolina and has a Master Addiction Certification.

Since the very beginning, Smith's vision for ABMHC has been to ensure people understand the importance of good mental health and have access to quality mental health treatment, thus empowering individuals with the expertise to improve their overall general well-being. "ABMHC's foundation is built on recovery and the premise that mental health is essential to overall health. Our goal is to provide safe, effective and evidence based mental health services to individuals with mental illness to alleviate symptoms, ensure their best level of functioning, and prevent relapse."

During multiple strategic planning meetings, staff, patients, and community partners all agreed that what ABMHC does best is serve patients. Smith echoes this sentiment. She indicated this is accomplished through the hard work and teamwork of ABMHC's committed, passionate, and knowledgeable staff and Board, the implementation of innovative and evidence-based programming, and the ABMHC's partnerships within the community.

Smith is happy to spend her days helping Aiken and Barnwell counties be an amazing place to live, one person at a time. In her spare time, she loves to travel, shop, read, walk, cycle, and chase after adventure.

GREG SMITH, MD, CHIEF OF PSYCHIATRIC SERVICES



Dr. Greg Smith, Chief of Psychiatric Services

Greg Smith, MD, is the medical director at ABMHC. Additionally, he serves part-time as a DMH telepsychiatry psychiatrist seeing patients across the State in hospital emergency departments via computer and high definition video. On a typical day he spends 70% of his time seeing patients.

Dr. Smith's vision for Medical Services at ABMHC is to become the "premier provider of psychiatric medical and nursing services in Aiken and Barnwell counties, providing medical assessment, nursing services, injectable medications, education about medication treatments, and links to the latest treatment technology to patients."

When asked what his contribution to Mental Health is, he shared, "Through telepsychiatry I am personally able to make the world of Medicine, and more specifically, psychiatry and mental health, available to my patients in the form of a friendly face they see in real time. I am, in that way, just one half of a partnership with someone who suffers from mental illness, and a strong partnership makes it possible for that person to enjoy a full and meaningful life."

Dr. Smith noted that ABMHC's most valuable resource is its people: "It's what attracted me to the Center 28 years ago when I first worked part time with ABMHC, and it's what has kept me here. We have veterans in the field who have years of experience and hundreds of thousands of patient contacts, and we have fresh new faces just out of training that have the knowledge and the energy to keep us moving forward in this era of rapid change in the field of Mental Health. Together, they make a very strong workforce that is on the side of patients and families and other stakeholders who benefit greatly from their contact with the mental health system and ABMHC."

Dr. Smith emphasized that stigma is still very much alive, but it should not stop someone from seeking the help they need from an organization they trust to provide excellent care.

Dr. Smith was ABMHC's Outstanding Employee of the Year in 1999 and 2002. He also won the Heroes in the Fight Individual Psychiatrist Award 2007 and was nominated for the Louise Hassenplug Award in 2008. In his spare time, Dr. Smith likes to travel, drive, hike and fish.



Bianca Otterbein, Clinical Director



Lee Bodie, Director of Administration

BIANCA OTTERBEIN, CLINICAL DIRECTOR

Bianca Otterbein provides leadership and management for clinical services at ABMHC and assists with overall operations. She earned her master's degree in Community Counseling from Winthrop University in 2009. Her experience includes Mental Health and Addiction treatment with children, adolescents, adults, couples, and families, as well as more than eight years of experience as a supervisor. She is a Licensed Professional Counselor and Supervisor for the state of SC as well as a National Master Addiction Counselor.

Otterbein has more than 10 years of experience in Mental Health and Substance Use Disorders, providing crisis, assessment, individual, group, and family therapy to child, adolescent, and adult populations. She has served in a supervisory capacity for eight of those years, leading teams and programs in the agencies that she has worked in, and provided SC licensure supervision for associates and supervisor candidates.

Otterbein has trained extensively in the areas of Grief, Trauma Focused-Cognitive Behavioral Therapy, Motivational Interviewing, and Substance Use. She utilizes many different theories of practice to fully meet patients where they are.

Otterbein's vision for the ABMHC Clinical Department is to increase counselor competency with added training, utilize best-practices in clinical supervision, and increase community collaboration. Ultimately, she would like to see a school mental health counselor stationed at every school in Aiken and Barnwell counties.

Otterbein was ABMHC's 2015 Outstanding Employee of the Year. In her spare time she enjoys camping and spending time with family and friends.

LEE BODIE, DIRECTOR OF ADMINISTRATION

ABMHC Administrator R. Lee Bodie is an Aiken County native and Aiken High School graduate. Lee has spent the majority of his career working in "hands-on" medicine by serving 10 years as a Combat Medic in the US Army, and additionally specializing in Orthopedic surgery. Lee earned a bachelor's degree in Healthcare Management after departing the military and has worked extensively in the operations of healthcare and revenue cycle management.

Lee's vision for ABMHC is to provide the highest level of services to patients through the most efficient healthcare processes, increase the general public's awareness of the services provided by ABMHC, and work closely with local government and stakeholders to increase the services ABMHC can provide. He is dedicated to providing the highest level of customer service possible to both the patients of ABMHC and the staff that he and his team serve.

ABMHC BEHAVIORAL TEAM:

- ◆ *Varney Hodge,
Mental Health Coun-
selor*
- ◆ *Tam Hightower,
Nurse Practitioner*
- ◆ *Cindy Smith,
Certified Peer
Support Specialist*
- ◆ *Renee Green,
Entitlement Specialist*
- ◆ *Jeff Waddell,
Program Manager*



Varney Hodge and Tam Hightower

ABMHC PARTNERS WITH THE AIKEN COUNTY DETENTION CENTER

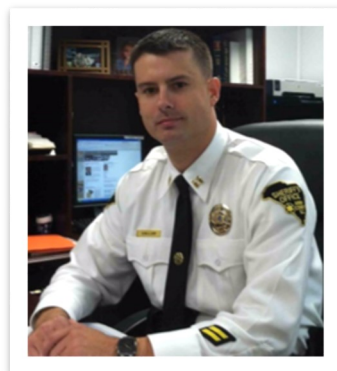
Aiken County Detention Center (ACDC) and ABMHC have partnered to provide incarcerated inmates with quality mental health and behavioral health treatment.

The ABMHC behavioral team provides ACDC inmates an array of mental health services, including: assessments, crisis intervention, care-coordination, individual therapy, and peer support services.

When appropriate, services also include referrals to agencies that provide: disability benefits, food stamps, Veteran's benefits, free medications, medical services, housing assistance, inpatient substance abuse treatment, vocational rehabilitation, prescription assistance plans, representative payee services, Hope Health (HIV), Family Court, Medicaid, and Victims Assistance.

Captain Nick Gallam, jail administrator with the Aiken County Sheriff's Office (ACSO), feels the partnership with ABMHC is very successful. He said, "The partnership allows inmates to receive mental health treatment from a provider who is embedded in our community, allowing for continuity of care when that person is released from custody. People should know that the ACSO interacts with individuals with mental illness every day. We believe our partnership with ABMHC and the South Carolina Department of Mental Health has better equipped us to provide the quality of care citizens who desperately need it."

ABMHC Director Smith added, "The partnership with Aiken County Detention Center and Captain Gallam has been effective and instrumental in helping to address mental health issues within our community and in building ABMHC's partnership with Aiken County Government overall."



Captain Nick Gallam

In FY19, ABMHC provided 1,950 contacts at the ACDC.

Partner Spotlight

Captain Gallam was first hired as a Detention Officer in 2001. He is a graduate of Aiken Technical College, has Jail Management Certification, and is a graduate of the National Jail Leadership Command Academy. He is past president of the South Carolina Jail Administrators' Association and current president of Recovery

Road Ministries.

Captain Gallam was recently appointed by Governor Henry McMaster to serve on the South Carolina Law Enforcement Training Council. He served 11 years in the United States Marine Corps Reserve as an infantryman and is a veteran of Operation Iraqi Freedom.

THE SOUTH CAROLINA DEPARTMENT OF MENTAL HEALTH (DMH)

Under the direction of Interim State Director Mark W. Binkley, DMH operates a network of 16 community mental health centers, multiple clinics, three hospitals, three veterans' nursing homes, one community nursing home, a Forensic Program, and a Sexually Violent Predator Treatment Program (SVPTP). DMH is one of the largest hospital and community-based systems of care in SC.

South Carolina has a long history of caring for those suffering from mental illness. Championing the mentally ill, South Carolina Legislators Colonel Samuel Farrow and Major William Crafts worked zealously to sensitize their fellow lawmakers to the needs of the mentally ill, and on December 20, 1821, the South Carolina State Legislature passed a statute-at-large approving \$30,000 to build the South Carolina Lunatic Asylum and a school for the 'deaf and dumb'.

The Mills Building, designed by renowned architect Robert Mills, was completed and operational in 1828 as the South Carolina Lunatic Asylum. The facilities grew through the decades to meet demand, until inpatient occupancy peaked in the 1960's at well over 6,000 patients on any given day. Since the 1820's, South Carolina state-run hospitals and nursing homes have treated approximately one million patients.

In the 1920's, treatment of the mentally ill began to include outpatient care as well as institutional care. The first outpatient center in South Carolina was established in Columbia in 1923.

The 1950's saw the use of phenothiazines, "miracle drugs" that controlled many severe symptoms of mental illness, making it possible to "unlock" wards. These drugs enabled many patients to live and function in society, reducing the need for prolonged hospitalization. Government support and spending increased in the 1960's. The South Carolina Community Mental Health Services Act (1961) and the Federal Community Health Centers Act (1963) provided more funds for local outpatient mental health care.

The South Carolina Department of Mental Health (DMH) was founded in 1964. In 1967, the first mental healthcare complex in the South, the Columbia Area Mental Health Center, was built. Since then, DMH Centers and clinics have served more than three million patients.

***DMH Central Administration
2414 Bull Street
Columbia, SC 29201
Phone: (803) 898-8581***



DMH HOSPITALS AND NURSING HOMES

Columbia, SC

G. Werber Bryan Psychiatric Hospital

Morris Village Alcohol & Drug Addiction Treatment Center

C.M. Tucker, Jr. Nursing Care Center - Stone Pavilion (Veterans Nursing Home)

C.M. Tucker, Jr. Nursing Care Center - Roddey Pavilion—Community

Anderson, SC

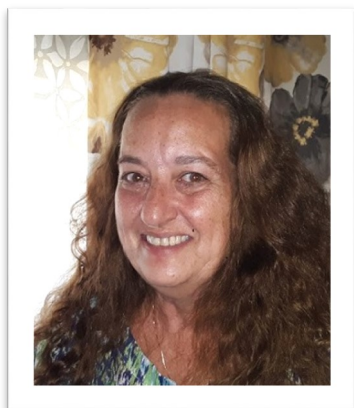
Patrick B. Harris Psychiatric Hospital

Richard M. Campbell Veterans Nursing Home

Walterboro, SC

Veterans Victory House (Veterans Nursing Home)

RECOVERY SPOTLIGHT: KELLEY



Hi, I am Kelley and this is my story of recovery.

When I moved to SC, I left everything and everyone I knew, all my family and friends. I didn't know anyone here and didn't have a job. I stopped eating right, I wasn't sleeping, showering, or taking care of the house. I stopped going grocery shopping. I stopped going anywhere. All I was doing was crying all day, I didn't want to get out of bed. I was in the deepest, blackest hole I have ever been in.

I could not see a way out. It was at the point I couldn't do anything or go anywhere. I could not take being like that anymore. I was self-medicating and it only made me feel worse. I had to do something to change what I was feeling, I could not go on like this. I started going to ABMHC, where I was diagnosed with major depression, anxiety disorder, and post-traumatic stress disorder. I started talking to a therapist and the psychiatrist prescribed medication. The doctor started me on two antidepressants, they helped, but not enough. They added a night-time medication, then another for anxiety. We then had to keep adjusting the dose until we found the one that works for me. At one point I was on 7 different medicines. This is no way to live. I knew there had to be a better way than simply medicating myself.

I started going to Peer Support. I got determined and truly started working very hard with my therapist and the Peer Support Specialist. I learned coping skills, how to use a Wellness Recovery Action Plan, and so much more. I started to see a light coming through the darkness. I started to have hope again. I approached this recovery journey taking small steps, like simply showering every day, and talking to friends and family on the phone. I went to the library and found a Coloring for Adults class. I made myself go. This was a really big step for me and really enjoyed it. It was the first joy I had felt in a long time. From there I continued putting one foot in front of the other working toward my goals. I wanted to be less dependent on meds. And I wanted to get out and have a social life, and travel, and visit family, and work at least part-time, and to feel needed by volunteering. I wanted a life a real life outside the black hole, outside the sadness and hopelessness. I wanted more!

I transitioned from Peer Support Services. I was able to reduce to one medication. I joined the Patient Advisory Board at ABMHC. I volunteered at ABMHC, the animal shelter, and the library. I started going back to church, where I joined a home group. I started making a lot of new friends.

This year I got the opportunity to apply for a part time job at ABMHC. I was nervous but applied. I was hired and I'm very proud to say that now I'm a Certified Peer Support Specialist. I know this is not the end of my story, because I still have mountains that I want to climb. Yes, I will always be a person living with a mental illness, but not the person who lives an illness life. I will stay in treatment, take my medication, and continue to educate myself on recovery. Who knows where I will go from here? I have hope and confidence, so the sky is the limit. I'm living in recovery and loving each day.

*If you or someone you know needs mental health services,
please contact the mental health clinic in your area.
After hours, call 803.641.7700.*

AIKEN

Aiken-Barnwell Mental Health Center

1135 Gregg Highway
Aiken, SC 29801

Phone: 803.641.7700
Fax: 803.641.7709

BARNWELL

Polly Best Center

916 Reynolds Road
Barnwell, SC 29812

Phone: 803.259.7170
Fax: 803.259.2934

NORTH AGUSTA

Hartzog Center

431 West Martintown Road
North Augusta, SC 29841

Phone: 803.278.0880
Fax: 803.278.6791